

# ADAPTIVE ENRICHMENT



"OUR MISSION IS TO PROMOTE HEALTH AND WELLNESS TO THE ADAPTIVE COMMUNITY AT THE GAC."

## Fall Session 1

### CLASS DATES

September 15 – October 6

**5:30PM–6:15PM**

### REGISTRATION DATES

**September 6 – 11**

In-Person & Online

**@ 12pm**

## CLASS DETAILS:

- **4 classes for \$45**
- Class ratio 4:1
- Focused on building confidence to swim & exercise
- Classes are located in the pool that best fits participants' needs

## ASSESSMENT REQUIRED

Participants must be able to complete the following before beginning their first lesson:

- Swim 25 yards
- Have the ability to enter and exit the pool on their own.

**QUESTIONS? CALL US!**

**(336) 315-8498**

[www.greensboroaquaticcenter.com](http://www.greensboroaquaticcenter.com)

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**HEALTHY BODY,  
HEALTHY LIFE.** ”